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# INFORMATION FOR THE PRESS

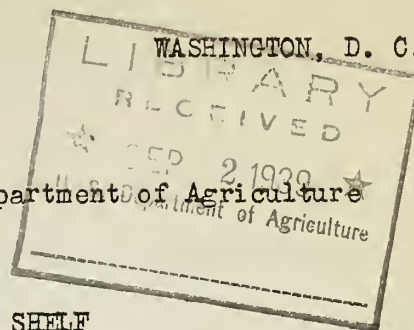
## United States Department of Agriculture

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RELEASE FOR PUBLICATION :  
September 6, 1939 (WEDNESDAY) :  
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### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture



### A CHICKEN DINNER ON THE SHELF

"Chicken dinner" -- those are two words that translate into "good food" in anyone's language. And the woman who gets out her steam pressure canner now and puts up some young hens for later eating, may be confident that her efforts will be duly appreciated. Furthermore, she's investing in a reliable kind of hostess insurance -- the peace of mind that comes from knowing she has the makings of a quick dinner on her storage shelf.

For canning, plump hens -- 2 years or a little older -- are best, preferably the ones that are not earning their board as layers. Younger birds are not so well suited to canning. The long processing, necessary to sterilize any meat, overcooks tender young chicken -- makes it lose flavor and develop a stringy texture.

Essential piece of equipment for canning poultry at home is a steam pressure canner. Only with one of these is it possible to maintain a temperature above boiling inside a can or jar -- the heat required to kill bacteria that may cause dangerous food poisoning. It's not safe to can poultry in water baths, steam canners without pressure, or in the oven, because the temperature in them never gets above boiling.

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Dressing a chicken for canning is no different than dressing it for cooking immediately. Take out the lungs, kidneys, and eggs -- and cut the bird into the usual-sized serving pieces.

Next step is to classify the pieces of chicken into three piles -- the meaty pieces, the bony pieces, and the giblets. Meaty pieces, which are canned whole, are breasts, thighs, legs, and upper wing joints. Bony pieces for making the canning broth are backs, wings, necks, and sometimes the feet after they are skinned. Giblets, because of their distinctive flavor and color, should be canned separately.

Whether chicken is canned with or without its skin is a matter of personal preference. And the bones may be canned or not. It's better to can bones, however, because then the chicken has a better flavor. Also the bones help to conduct the heat into the meat and in that way shorten the processing time. Trim off excess fat.

To make broth for the canning liquid, cover the bony pieces with cold water, lightly salted. Simmer until the meat is tender and drain off the broth. Use this "as is", or for a thickened broth around the chicken, add 5 tablespoons of granulated gelatin to each quart of broth. Moisten the gelatin with a little cold liquid -- then dissolve it in the hot broth. Meat stripped from the bones of these pieces cooked for broth may be canned as small pieces or used to make sandwich spread.

Up to this point the treatment of chicken is the same whether it is canned in glass jars or tin cans. The rest of the canning process is adapted to the kind of container.

For chicken to be packed in glass jars, the best way to precook the meaty pieces is to spread them on a rack in an uncovered pan and heat them in





a moderate oven (350° F.). Cook the pieces for 20 to 30 minutes -- or until the red color of the raw meat is practically gone next to the bones. Second best method is to parboil the chicken for 8 to 10 minutes.

But frying is definitely "out" as a method of precooking chicken. Canned fried chicken not only is unappetizingly hard and dry, but it also has a disagreeable flavor after storage.

Pints are the most suitable size glass jars. The processing time needed to sterilize larger jars of chicken is much too long to get a product that makes first-rate eating. Pack the hot chicken closely into the jars -- leaving about 1/2 inch "head space" between the top of the jar and the chicken. Add 1/2 teaspoon salt for each pint of meat. Add any pan drippings or broth left over from the precooking -- then cover the chicken with the broth made from the bony pieces.

Chicken packed in pint jars with the bones left in should be processed for 65 minutes at 15 pounds pressure. Process boned chicken 85 minutes.

When chicken is canned in tin -- plain tin is best, and number 2 and number 2-1/2 cans the most suitable sizes. Put salt in the cans before packing the chicken into them. If it is placed on top the meat, the tin lids sometimes rust. Use 3/4 teaspoon salt to a number 2 or 2-1/2 tin can.

Pack the pieces of raw chicken closely into the cans. Then put them in a bath of boiling water to "exhaust" them. The water should come within 1-1/2 to 2 inches of the top of the cans. Cover the bath to hold in the steam and heat, and be careful the water does not bubble up into the cans. Heat until the meat is steaming hot and has practically lost its raw color. To make sure, empty several cans and examine them.

Press the chicken down in the cans, and cover with broth. Leave 5/16 of an inch head space in either number 2 or 2-1/2 cans. Seal at once and process at 15 pounds pressure -- 55 minutes for chicken with bone; 85 minutes for boned chicken in number 2 cans. Or process chicken with bone in number 2-1/2 cans 65 minutes -- boned chicken, 110 minutes.

Can giblets separately -- the livers alone, and the gizzards and hearts together. Precook them in water and pack hot in glass jars or exhaust in tin cans as for the meaty pieces of chicken. Process in number 2 cans or pint glass jars for 85 minutes at 15 pounds pressure.

For the most part it's best to can chicken alone -- then to use it and combine it in the same ways as chicken freshly stewed or steamed.

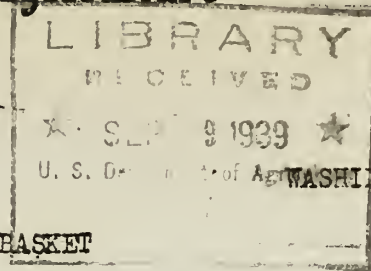




# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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RELEASE FOR PUBLICATION :  
September 13, 1939 :  
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### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### RIGHT DRESSING ADDS DISTINCTION TO SALAD

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Just as a bit of trimming can enhance the beauty of a well-cut dress --  
so can the right dressing add distinction to a good salad.

Naturally, the kind of dressing that is "right" depends on what is in  
the salad -- and the tastes of the family. But the homemaker who has on hand  
or can make up as needed French, mayonnaise, and cooked dressings is prepared  
for any salad she may conceit. For from these basic dressings she can get  
countless variations by changing the seasonings.

Family resemblance of salad dressings is that they all contain fat, acid,  
and seasonings. In the uncooked dressings -- French and mayonnaise -- fat is in  
the form of oil. Olive, corn, peanut, soybean, and cottonseed oils are all in  
good salad standing. Some cooks like to use a combination -- olive oil, for  
instance, with bland corn oil. In cooked dressings, less fat is used, and this  
is usually butter or margarine.

Vinegar, lemon juice, or a combination are the common acids in salad  
dressings. Seasonings are unlimited as a good cook's imagination.

Some of the briefest directions in any recipe book are those for making  
French dressing. All there is to it is to beat or shake the ingredients -- until?



small globules of fat scatter through the liquid, thickening the mixture somewhat. A homemade French dressing must be beaten or shaken each time it is served, because the oil and acid separate as the dressing stands.

There are no set amounts for ingredients in French dressing. Three parts of oil to one of vinegar or lemon juice is a good proportion to start with. Some like more oil, some like less. Paprika, salt, onion juice, a suggestion of garlic, sugar, and tabasco sauce are conventional seasonings.

But no French dressing enthusiast stops there. She tries adding a bit of curry powder -- a judicious amount of horseradish -- sliced olives -- chili sauce or catsup -- grated hard cheese -- or numerous other highly flavored materials. Roquefort dressing is made by crumbling or beating Roquefort cheese into French dressing.

Of all the salad dressings, mayonnaise is the only one for which the Federal Food and Drug Administration has a definition. According to that, it must contain at least 50 percent edible vegetable oil, have egg or egg yolk as the emulsifying agent, and vinegar or lemon juice as acid.

Mayonnaise has more oil in proportion to acid than French dressing. And the protein of the egg serves to make the emulsion stable or permanent -- that is, it prevents the fat and acid from separating after they have been beaten together. Recipes vary, but 1 egg yolk is required for  $3/4$  to 1 cup of most oils -- and there must be enough acid for flavor -- usually about 2 tablespoons of vinegar or lemon juice. Have all at room temperature before mixing.

Compared to mixing a French dressing, whipping up a mayonnaise is almost a formal proceeding. One good way to do this is to beat the egg, seasonings, and about half the acid together thoroughly. Then add the oil -- slowly at first, no more than  $1/2$  teaspoon each time. Soon as the mixture begins to

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thicken, add more oil at a time. Put in the rest of the acid gradually as the mixture gets very thick. Then beat in the rest of the oil.

Add other seasonings to taste, but be cautious about adding liquid or salt. Too much of either will make the oil and acid separate.

Popular mayonnaise variations are Russian and Thousand Island dressings. To make Russian, combine about 1 part of thick chili sauce to two parts of mayonnaise. To make Thousand Island, chop bits of highly seasoned materials into mayonnaise. There is no rule about what these should be -- but some good additions are hard cheese, hard cooked eggs, pickles, olives, radishes, green peppers, pimientos, capers, and onions. For a fruit salad dressing, whipped cream folded into mayonnaise is appropriate.

Cooked salad dressings are somewhat related to custard and white sauce. If they lean to the custard side of the family, mix and cook as for a custard -- in a double boiler until the mixture thickens. Then take it off the stove, and cool it in water so the dressing will not overcook. If the main part of the liquid in the dressing is milk, beat the vinegar or lemon juice into it, a little at a time, after the dressing is thickened so the milk won't curdle.

If part of the thickening is starch and part eggs, cook the starch thoroughly before adding the eggs. Lower the temperature to cook the eggs -- by putting the mixture over boiling water. Cooked salad dressings are used in much the same way as mayonnaise. They are inexpensive.

For the most part, the time to add dressing to salads is the last possible moment before they are served. Dressings high in acid, if left on fresh vegetables or fruit for long, cause them to lose their crispness. Very often, a choice of dressings is served at the table.

All dressings -- cooked or uncooked, homemade or "boughten" -- should be kept covered,, in the refrigerator. Discard at once any with an "off" flavor.







## United States Department of Agriculture

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WASHINGTON, D. C.

THE MARKET BASKET  
by  
Bureau of Home Economics, U. S. Department of Agriculture

FALL JELLIES

In late fall the weather will ring down the curtain on the jelly-making season of 1939. But if, even at this late date, there are yawning shelves in the jelly cupboard, there need be no wintertime shortage. A glance at the market -- at backyard trees and arbors, reveals a supply of crab apples, other tart apples, grapes, and quinces.

These fruits with their flavor meet the first requirement of a material good for jelly making. And they have sufficient quantities of pectin and acid which, with added sugar, make up the threesome needed to make jelly "jell".

Now, too, may be a convenient time to make jelly from fruit juice put up earlier. Some of this juice, combined with the juice of quinces or crab apples, will give jellies with interesting blends of flavor and color.

But, whatever fruit or combination of fruits goes into jelly, the nice points of its manufacture are the same.

Always, advise the experts, work with small batches -- no more than about 8 cups of juice at a time. Roughly, it takes about 8 pounds of apples, grapes, or quinces -- weighed after they are prepared for cooking -- to make 8 cups of juice. This with sugar will boil down to approximately 16 average-sized glasses of jelly. Working with small quantities makes it possible to carry the jelly process through promptly, and lessens the likelihood of overcooking.



Other ways of keeping the cooking time of jelly to a minimum are to add only enough water to the fruit to cook it soft, to use a large, flat-bottomed pan for cooking, and to combine fruit juice and sugar for the final boiling without preheating the juice. Successful jelly makers avoid overcooking fruit juice because it destroys good fruit color and flavor. It also cuts down on the power of the pectin -- sometimes so much that the jelly never sets as it should.

Preliminary to cooking, look the fruit over carefully. It's a good idea to have part of the fruit ripe, for flavor -- part of it slightly underripe, because at that stage there's more acid and pectin in it. Give all a thorough washing. Throw away stems and blossom ends of quinces and apples -- but leave in the cores, because they contain much pectin. Also leave the skins on, but cut fruit in small uniform pieces so the pectin can quickly be extracted into the juice.

Next step is to add water and boil the fruit soft. The amount of water needed varies with the fruit. For normally juicy apples and crab apples, 1 cup water to each pound of fruit, weighed after it is prepared, is enough. These cook soft in from 20 to 25 minutes. Quinces take about the same amount of time to cook -- but usually they need twice as much water. Concord grapes may need no water at all -- or up to 1/4 cup per pound of prepared fruit. Crush them to start the juice to flowing and cook 5 to 10 minutes.

Soon as the fruit is soft -- pour it into a jelly bag. Let it drip -- then press out the last bit to get all the juice. Strain it again to make the juice clear. Then combine sugar and juice. Tart apples and quinces need about 3/4 cup sugar to 1 cup juice; crab apples need 1 cup; and grapes, from 3/4 to 1 cup.





Last act in jelly making is boiling sugar and juice. Stir until the sugar is dissolved -- then boil rapidly. Take the sirup off the stove when it gives the "two-drop" or "sheeting off" test--that is, the sirup no longer will run in a steady stream off the edge of a spoon. Instead--the last of the sirup runs off slowly, hesitates on the edge in two distinct drops that sheet together.

At this point the jelly is ready to pour into sterilized glasses. Take off any scum that has formed and pour the sirup into glasses -- up to one-fourth inch of the top. Cover immediately with tin lids. Let the jelly set until firm. Remove the lids and seal with paraffin. Make sure that the inside rims of the glass are clean and dry--and rotate the glass while pouring the melted paraffin on so that it will come well up at the edges.

Store jelly in a cool, dry cupboard. There's no advantage to making up more than a year's supply. It loses some of its bright fruit color and flavor if stored too long.

Makers of grape jelly are sometimes unpleasantly surprised when they open it to find that crystals have formed in the jelly -- giving it a gritty texture. One way to prevent these harmless cream of tartar crystals is to let grape juice stand overnight in a cold place before combining it with the sugar. The crystals settle to the bottom. Pour off the juice and strain it again. Another way of preventing this formation of crystals is to combine grape juice with the juice of other fruits.

This fall, while the attention of homemakers has been turned to the usual fall jellies -- the national Food Standards Committee of the Federal Food and Drug Administration has been considering definitions and standards of identity for 26 kinds of commercial jelly.

On September 11, 1939--producers, consumers, and other persons interested in jelly sold in interstate commerce attended hearings in Washington, D. C. There they told their views of the tentative jelly standards drafted by the committee. The final jelly standards--when promulgated by the Secretary of Agriculture--will have the force and effect of law, in accordance with the Federal Food, Drug, and Cosmetic Act of 1938.



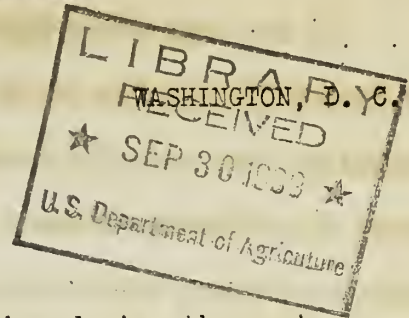


# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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RELEASE FOR PUBLICATION :  
September 27, 1939 :  
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THE MARKET BASKET  
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THE NATIONAL LARDER  
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EDITORS PLEASE NOTE: Probably many a homemaker during the past month has wished she could get a bird's eye view of food supplies the country over. We are presenting something of that nature this week in the following summary of a report by the Bureau of Agricultural Economics on the National Food Situation.

How well-stocked is the nation's larder? That is the question that the woman who buys the family's food has had occasion to ask more than once during the past few weeks. This month, the answer to her question was forthcoming from reports of the U. S. Department of Agriculture.

The answer, in short, is that there is on hand now or in prospect an abundance of practically all kinds of food. There's enough to supply this country amply for the coming year. In many cases, not only is there enough, but some to spare.

No crystal gazers are the men in the Department of Agriculture who arrived at this answer -- but realistic economists. For years they have been keeping tab of the agricultural supplies of the nation by a reliable system of crop bookkeeping.

Now, with the season of greatest productiveness well over, they know what this year's harvest has been for most of the important crops. For crops yet to be gathered they can make reasonable estimates. And, to round out the picture, they have an account of the food brought forward from last year, deposited for the time being in granaries and cold storage depots.

It has been after appraising these food assets, and balancing them against the amount of food the population of this country normally eats, that the economists have made the reassuring estimate of plentiful supplies. To the homemaker, the following summary of important commodities may serve as a general preview of coming winter groceries.

Perhaps of first interest are the two great cereal foods -- wheat and corn. Ordinarily, the United States produces each year more than enough wheat for this country. 1939 has been no exception. The large amount of wheat left over from last year, plus this year's average crop add up to abundant supplies for home use, surpluses for export.

Corn is principally a feed crop. But the large corn supplies on hand now are important to the consumer interested in future supplies of meat, lard, and dairy products. There's about an average crop expected this year. Added to this there's a large carryover from last year.

Ample supplies of sugar are also available. On hand now are considerably larger stocks of it than there were last year at this same time. In addition, there is a reserve supply left over from last year that could be used in case of a shortage. And to further insure uninterrupted sugar supplies, all quota restrictions on sugar imports were suspended by presidential proclamation of September 11, 1939.

The United States grows nearly one third of the sugar she uses. She imports most of the rest of it from her territories, from the Philippine Islands, and from nearby Cuba.

The rice situation looks much like the wheat situation drawn to smaller scale. Large crops during the recent years have resulted in increased stocks carried over each year. With this year's average rice crop that means there will be ample supplies for domestic use, surpluses for export.

As a natural consequence of bountiful feed crops, there has been a sharp increase in livestock, dairy, and poultry products during the past several years.

Total meat supplies for the rest of 1939, through 1940, promise to be the largest in five years. Biggest news concerns pork -- which may be back to pre-drought levels during the coming year. Beef supplies are expected to be adequate, may increase a little over the past year.

As goes pork -- so goes lard. This year, of course, that means "more". Or to quote the economists verbatim, "Lard production is expected to be increased sharply and the total supply of other domestic fats and oils is likely to be large."

Peak year for dairy products is just over. The coming year shows no indications of topping that record. However, it does bid fair to be a better-than-average dairy year.

"Not a lot of change" -- seems to sum up what the poultry estimates show for the coming year. There may be a somewhat larger supply of both poultry and eggs. Turkeys are holding the poultry limelight now, because of their exceptional abundance.

Fruit supplies for the last half of 1939, first half of 1940, should total more than last year. Estimates for these foods, however, are subject to more changes than those for most foods. But the most pessimistic estimates seem to show ample supplies for home use the coming year.

Of vegetables, there's a large sweetpotato crop in prospect, a slightly smaller potato crop than there was last year. Truck crops are holding their own, providing ample supplies of the other vegetables.



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